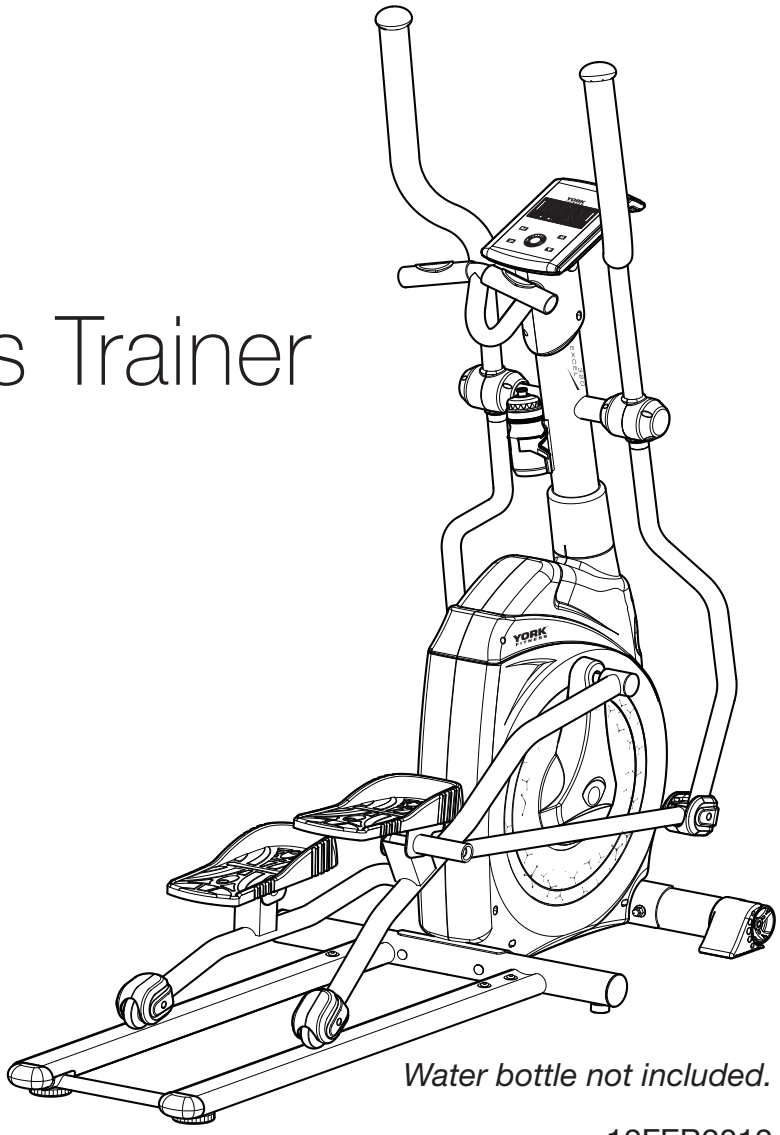
YORK®
FITNESS

Owner's Manual

Excel 320 Cross Trainer

52053



Water bottle not included.

12FEB2012

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- Ensure that the seat height is adjusted correctly. You should be stable and balanced while on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight while exercising, especially for long periods.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 130kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 9 - CLASS HA. Therefore the equipment carries the following marks:

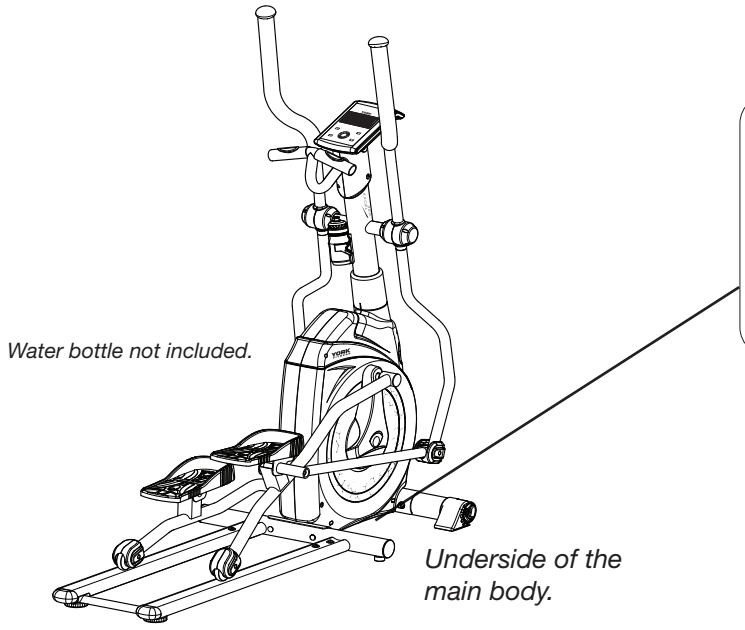
Customer support

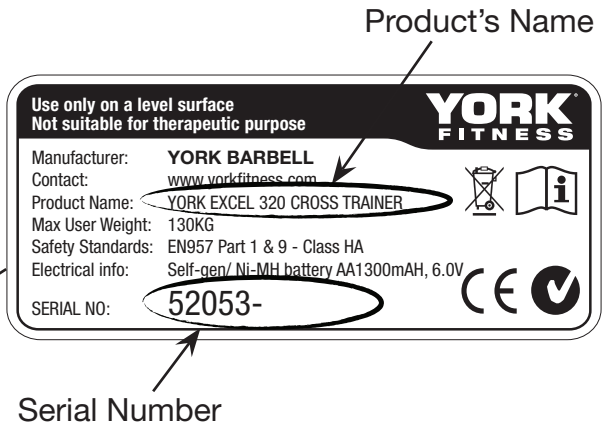
Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.





This product label is an example only, it is not the real product name and serial number of the item you have bought.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Assembly Instructions

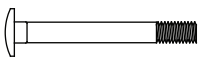
Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

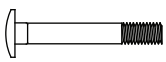
Open the carton - Check any warnings on the carton and make sure you have it the right way up.

Unpack the carton - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:



9a x 2
SQUARE NECK BOLT
(M8 X 1.25 X 90L)



9b x 2
SQUARE NECK BOLT
(M8 X 1.25 X 75L)

9 x 20
ALLEN BOLT
(M8 X 1.25 X 20L)

40 x 6
BOLT
(M8 X 1.25 X 20L)

20 x 4
DOMED NUT
(M8 X 1.25 X 15L)

71 x 2
WAVED WASHER
(D21 X D16 X 0.3T)

59 x 2
WAVED WASHER
(D26 X D19.5 X 0.3T)

7 x 24
SPRING WASHER
(D15.4 X D8.2 X 2T)

6 x 20
CURVED WASHER
(D22 X D8.5 X 1.5T)

46 x 2
FLAT WASHER
(D25 X D8.5 X 2T)

41 x 2
PLASTIC WASHER
(D10 X D24 X 0.4T)

73 x 4
BOLT
(M6 X 1 X 15L)

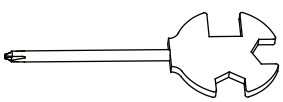
63 x 15
SCREW
(ST4 X 1.41 X 15L)

100 x 8
BOLT
(M5 X 0.8 X 15L)

104 x 2
SCREW
(ST4 X 1.41 X 15L)

8 x 8
FLAT WASHER
(D21 X D8.5 X 1.5T)

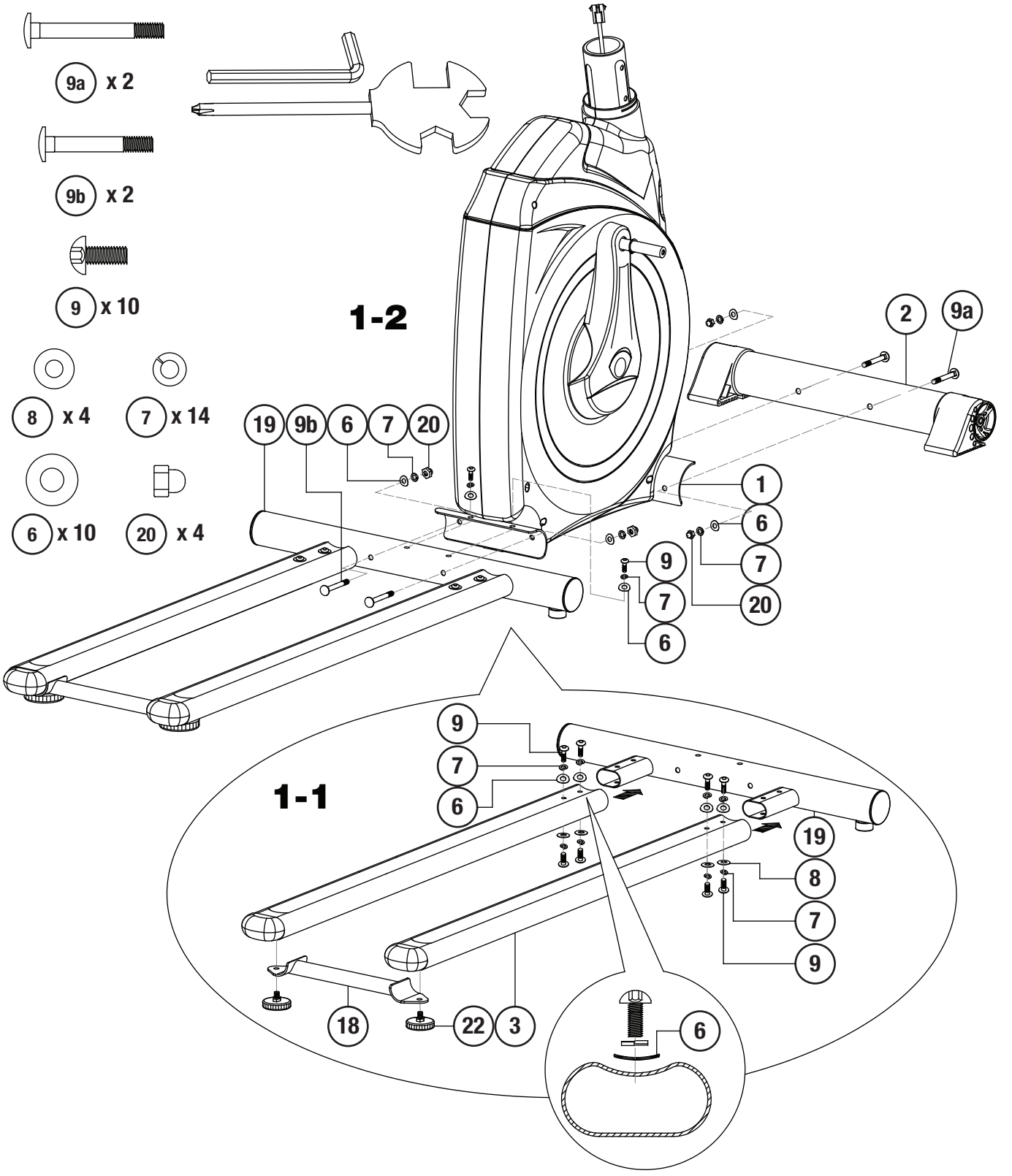
SPANNER X 2



SPANNER X 1

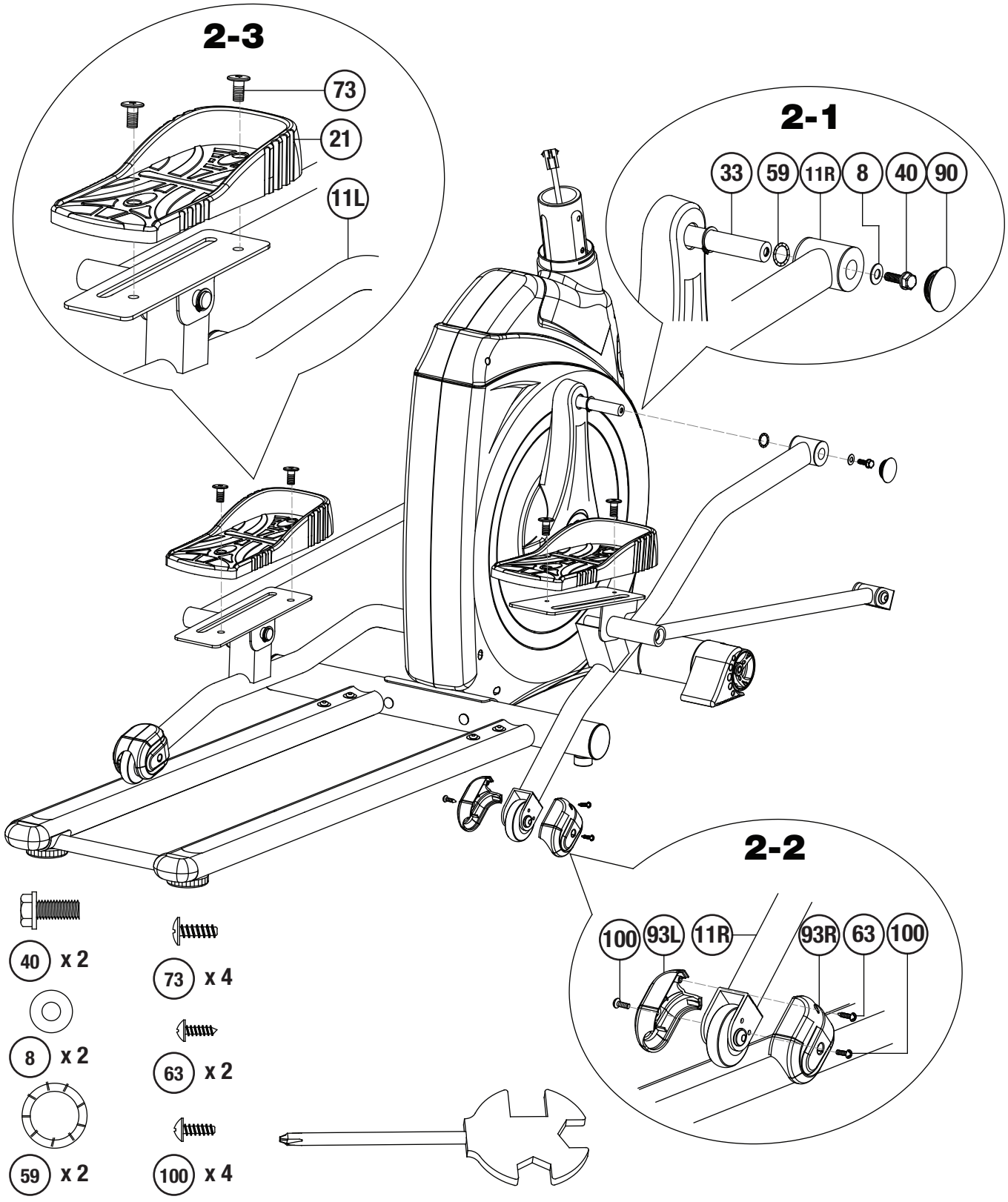
Assembly instructions

STEP 1



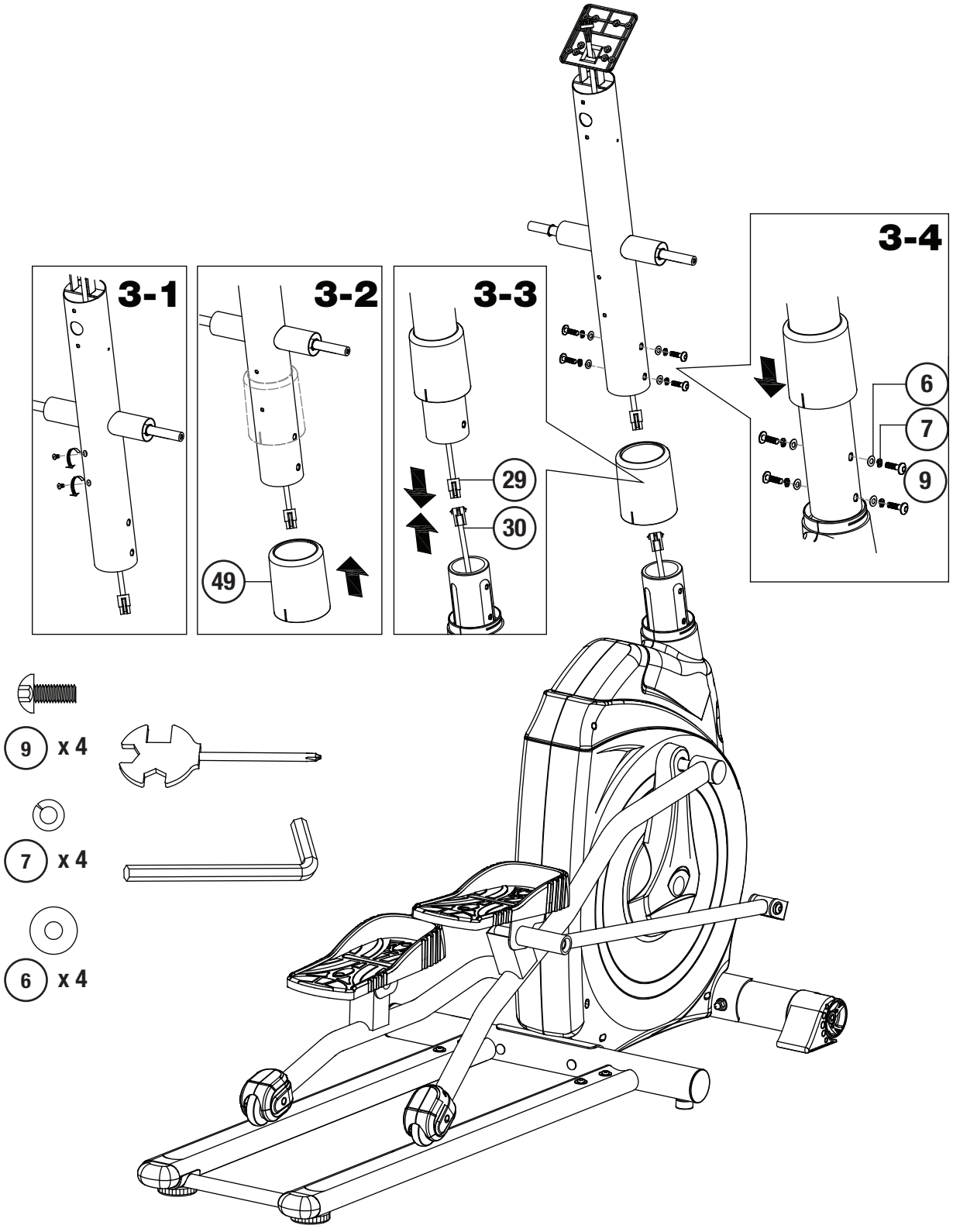
YORK FITNESS

STEP 2



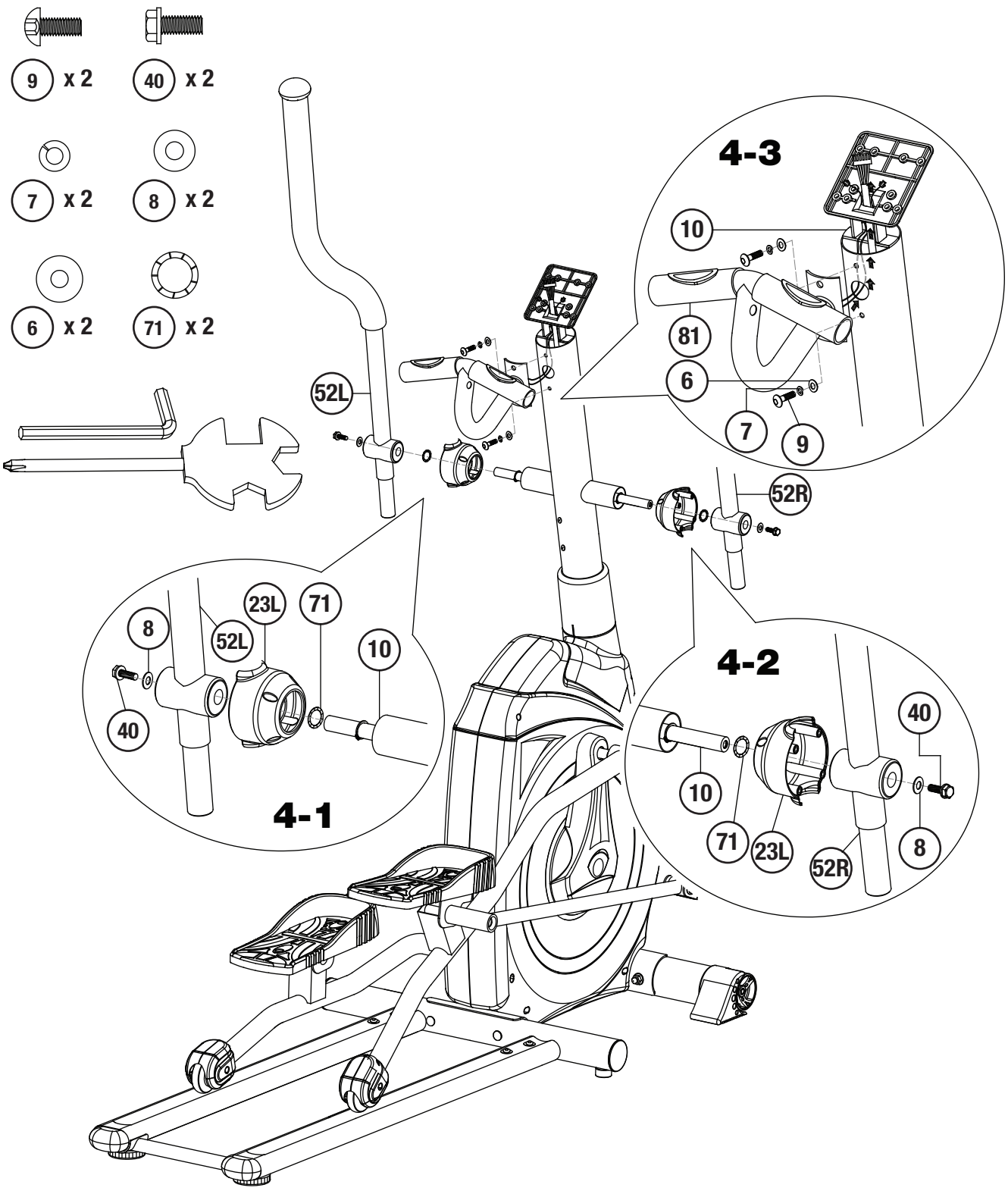
Assembly instructions

STEP 3



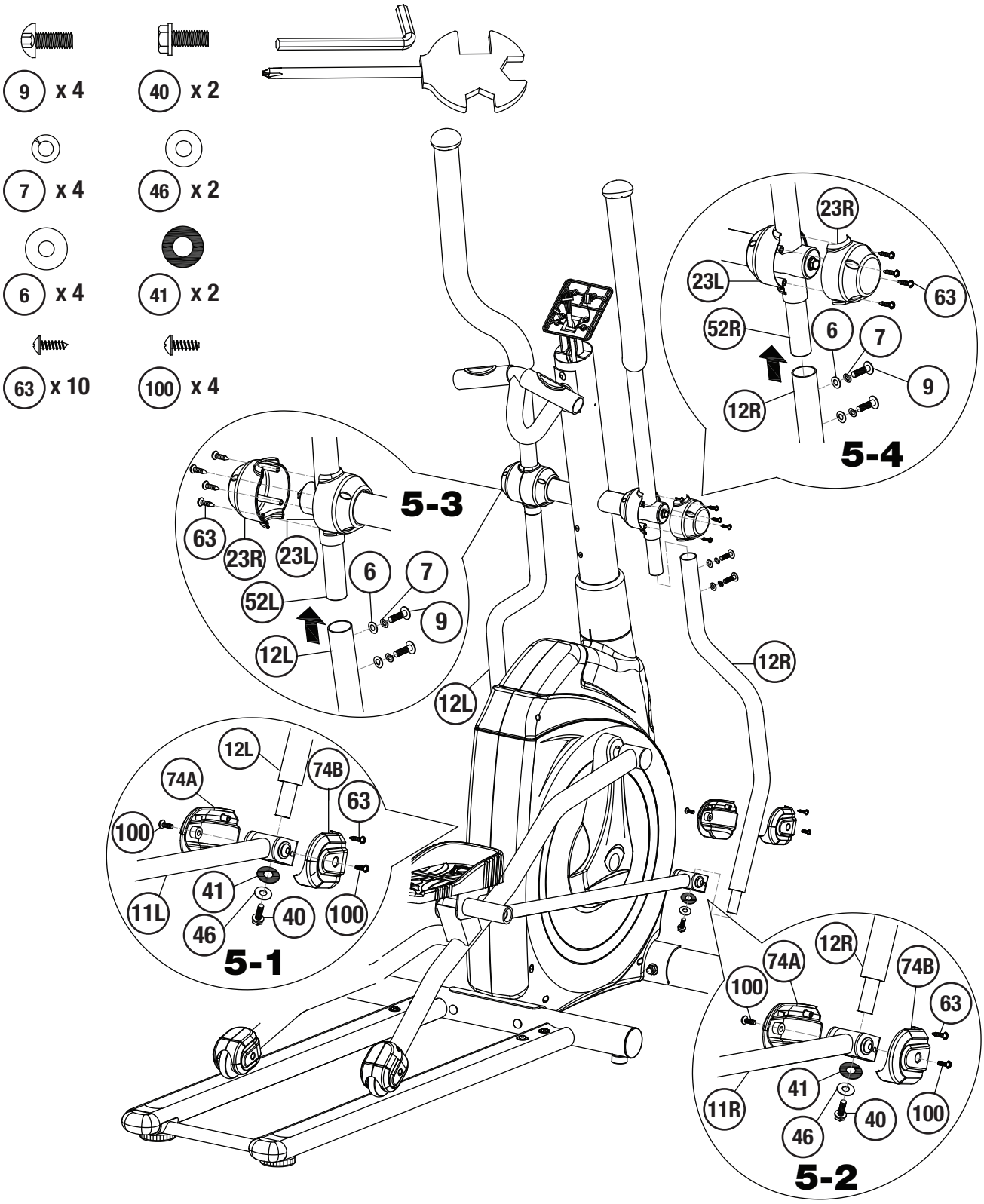
YORK FITNESS

STEP 4



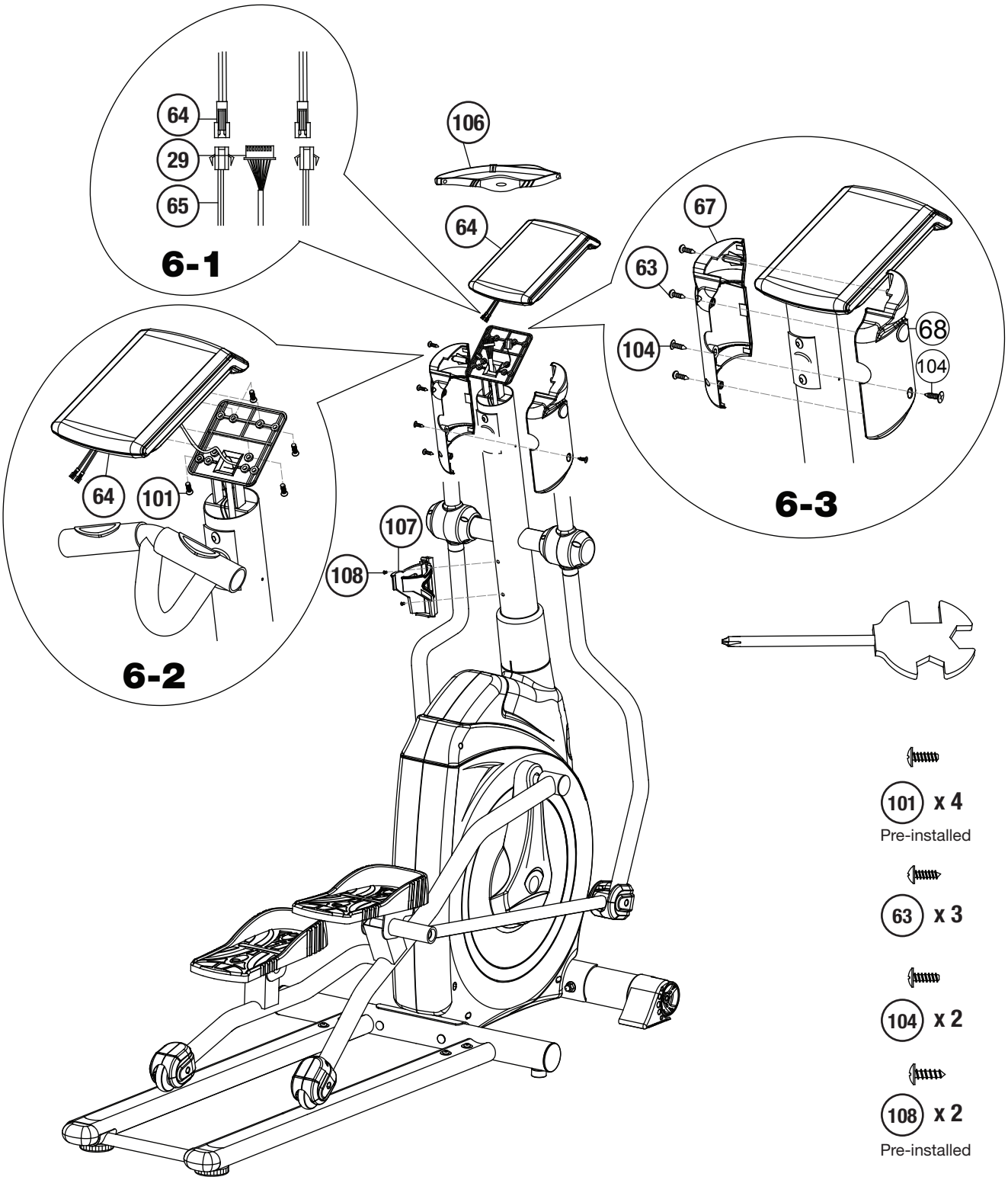
Assembly instructions

STEP 5



YORK FITNESS

STEP 6



101 x 4
Pre-installed

63 x 3

104 x 2

108 x 2
Pre-installed

Assembly instructions

Final Check

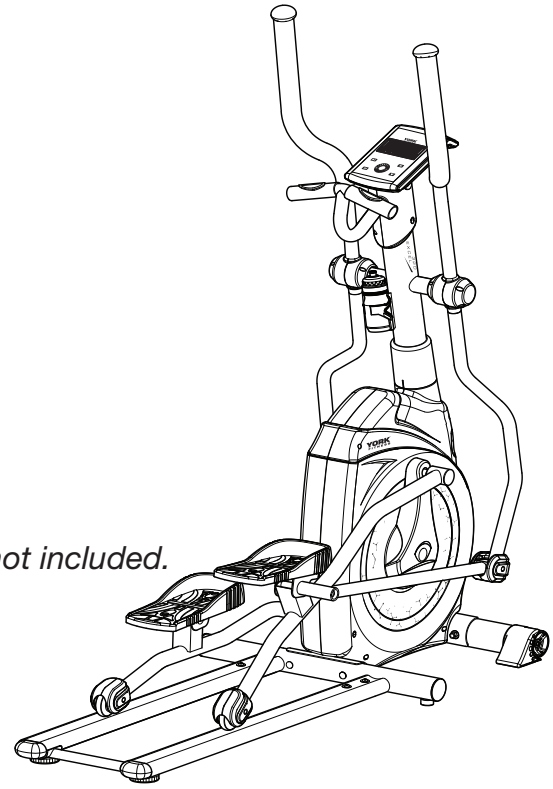
Your cross trainer is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

Self-Generate Resistance

This cross trainer uses a self-generate resistance and will recharge the battery through pedalling.

Start pedalling and the computer should automatically power on.



Water bottle not included.

BATTERIES REPLACEMENT INSTRUCTIONS:

WARNING: The cross trainer use NiMH batteries. Using other types of batteries during charging will damage the equipment.
DO NOT USE ALKALINE BATTERIES IN THIS PRODUCT.

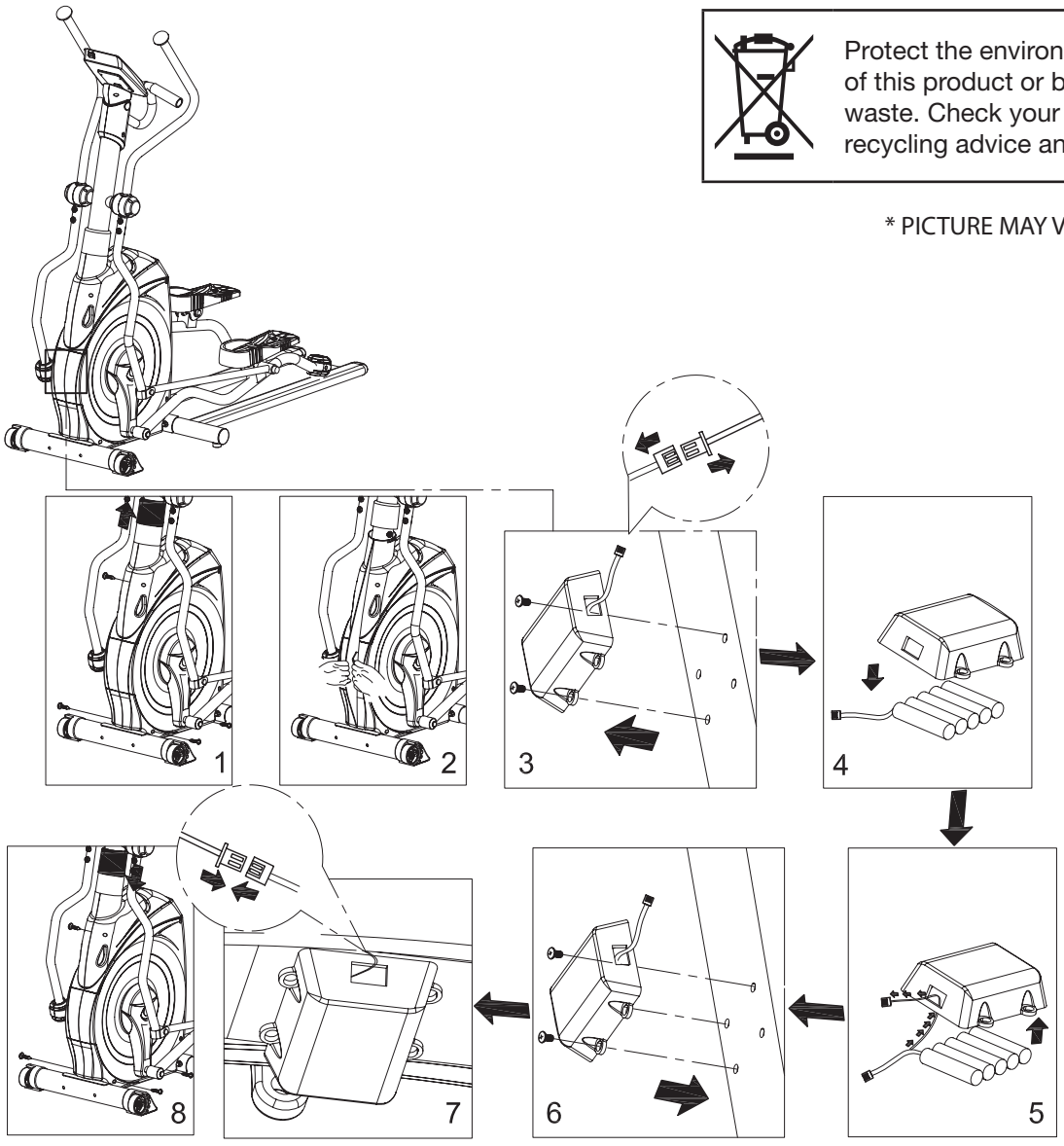
1. Open the battery compartment under the cross trainer.
2. Remove batteries.
3. Insert 5 AA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder.
4. Close the battery compartment.

Tips & Warnings

- Always change all the batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AA batteries.
- Do not try to heat, ignite, disassemble or throw AA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.

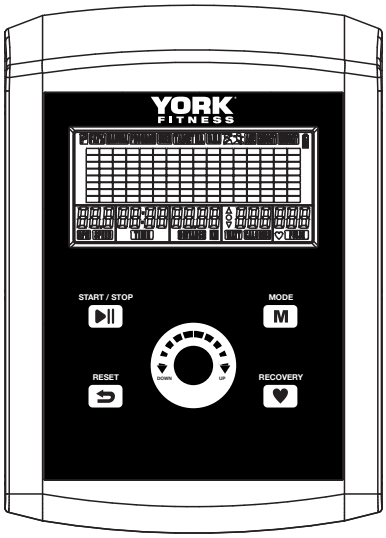
Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

* PICTURE MAY VARY FROM ACTUAL MODEL.



Operational instructions

Console:



Key Function:

KEYS	FUNCTIONS
UP	Dial clockwise to increase the resistance during exercise mode or increase the value of selection during setup.
DOWN	Dial counter-clockwise to decrease the resistance during exercise mode or decrease the value of selection during setup.
MODE	Press MODE to select an exercise mode and to confirm a setting during setup.
START/STOP	Press the key to begin or pause an exercise mode.
RESET	Press “RESET” button to reset each function.
RECOVERY	Press the key to activate heart rate recovery function.

Display:

DISPLAY	DESCRIPTION
TIME	• In target mode, it will display the value left to your preset target. • Without a preset target, it will display the time you have exercised.
SPEED	Displays the current training speed. Maximum speed is 99.9KM/H.
RPM	Displays the Rotation Per Minute.
DISTANCE	• In target mode, it will display the value left to your preset target. • Without a preset target, it will display the distance you have traveled.
CALORIE	• In target mode, it will display the value left to your preset target. • Without a preset target, it will display the calories you have burned. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
HEART RATE	Displays your pulse rate in beats per minute during your workout.

Wake-Up Function

The monitor will enter sleep mode (LCD off) after 4 minutes if there is no signal input and no keys are pressed. Press a button to start the monitor.

Program Select and Setting Value

1. After power on, the computer will take few seconds to start up.
2. Use the UP/DOWN dial to select a program and press MODE to confirm your selection.

Manual Program

Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

1. Use the UP/DOWN dial to select the MANUAL program and press MODE.
2. Use the UP/DOWN dial to select a value for TIME, DISTANCE, CALORIES, WATTS and HEART RATE. Use the MODE key for confirmation.
3. Press the START button to begin exercise.
4. Use the UP/DOWN dial to change the resistance during exercise.

Preset Programs

Users can exercise with different level of loading in different intervals as the profiles show.

1. Use the UP/DOWN dial to select a preset program (P1 ~ P12) and press MODE to confirm.
2. When a program is selected, use the UP/DOWN dial to select a LEVEL and press MODE.
3. When a program is selected, use the UP/DOWN dial to select a target TIME and press MODE.
4. Workout will begin, use the UP/DOWN dial to change the resistance during exercise.

Target Heart Rate Mode

In this program, the computer will adjust the resistance level according to your age and the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

1. Use the UP/DOWN dial to select the HRC program and press MODE to confirm.
2. Use the UP/DOWN dial to select 55%, 75%, 90% or THR.
3. Use the UP/DOWN dial to select a target TIME, DISTANCE or CALORIES and press MODE.
4. Workout will begin.

Operational instructions

User Program

Users are free to select the resistance level in 16 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory:

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

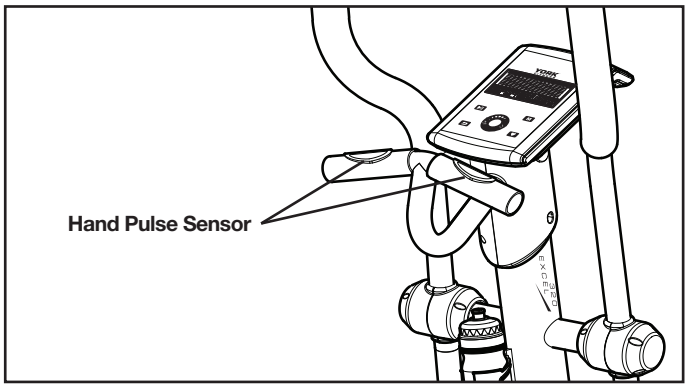
1. Use the UP/DOWN dial to select the USER PROGRAM and press MODE to confirm.
2. Use the UP/DOWN dial to select the resistance level for each interval and press MODE.
3. Hold MODE key for 2 seconds to end setup.
4. Use the UP/DOWN dial to select a target TIME and press MODE.
5. Workout will begin, use the UP/DOWN dial to change the resistance during exercise.

Recovery

Leave the hands holding on grips or leave the chest transmitter attached and then press “RECOVERY” key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

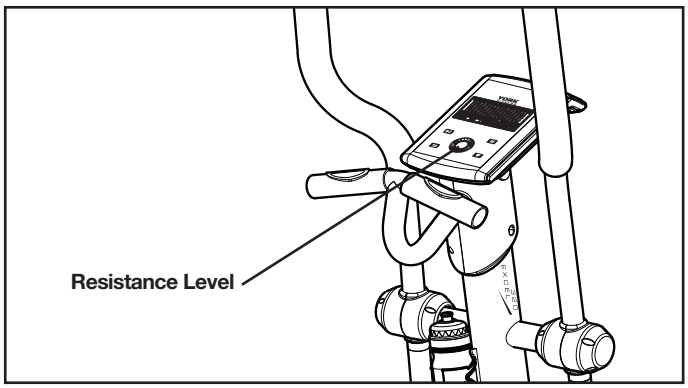
Hand Pulse Sensors

This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



Adjusting The Resistance

This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply use the UP/DOWN dial on the console.



Troubleshooting

If you have a problem with your cross trainer, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Make sure power cord is plugged in properly
	System halted	Unplug and re-plug the power cord to reset the system
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Unplug and re-plug the power cord
		Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSIST, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Fitness guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Cross-training form

To start using the cross trainer, simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse: The cross trainer can be used in the forward and reverse direction to vary the muscles that you workout. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment: The load level of cross trainer can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

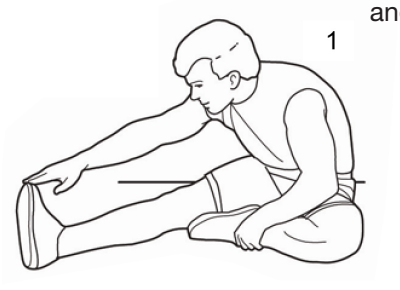
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

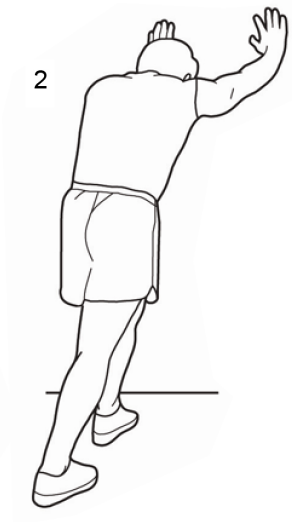
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

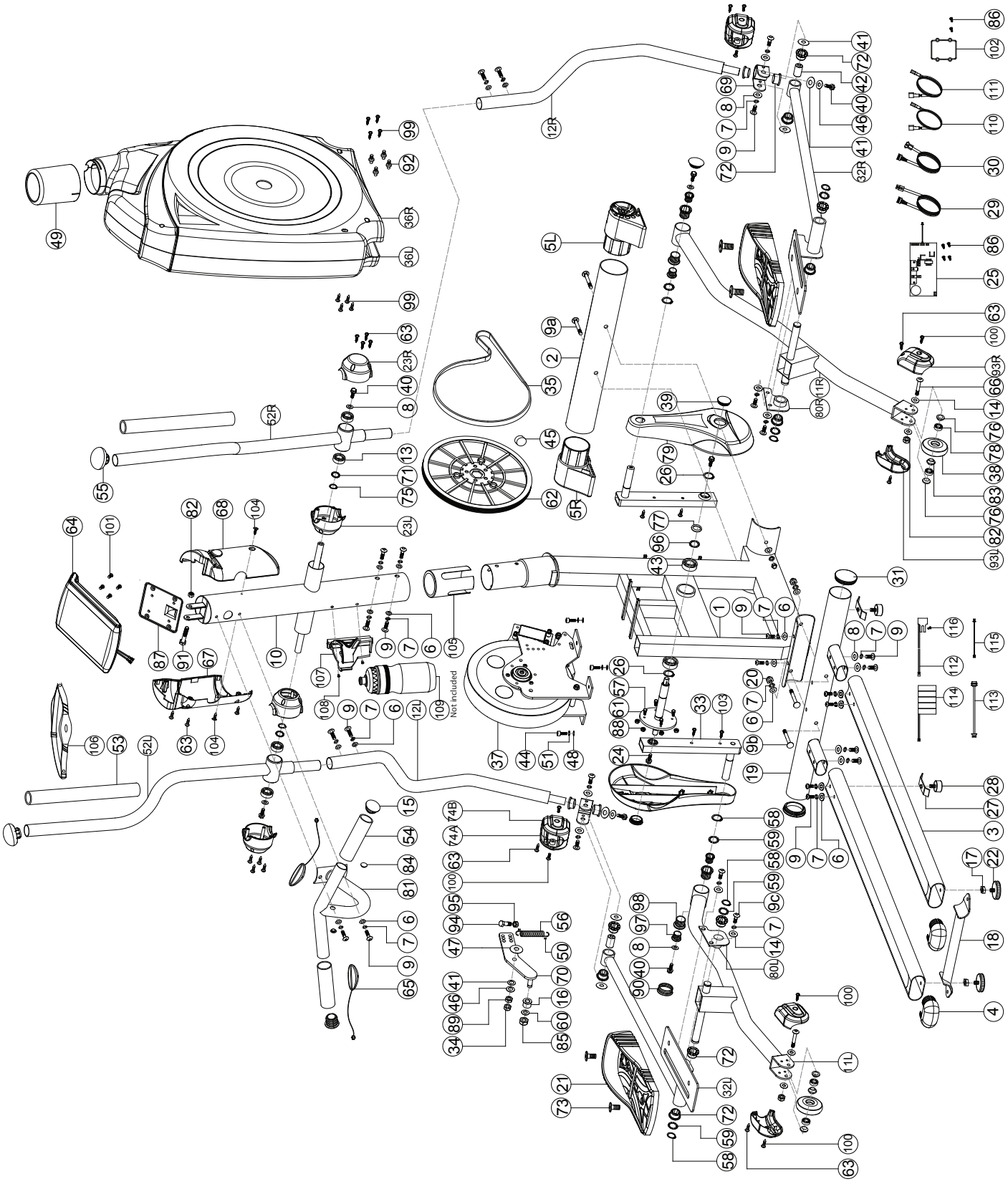
Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing

Part list

YORK REF.	REF.	DESCRIPTION	QTY.
52053-1	1	MAIN FRAME	1
52053-2	2	FRONT STABILIZER	1
52053-3	3	SLIDING BEAM	2
52053-4	4	OVAL CAP	2
52053-5	5L	LEFT MOVEABLE CAP	1
52053-6	5R	RIGHT MOVEABLE CAP	1
52053-7	6	CURVED WASHER (D22 X D8.5 X 1.5T)	20
52053-8	7	SPRING WASHER (D15.4 X D8.2 X 2T)	28
52053-9	8	FLAT WASHER (D21 X D8.5 X 1.5T)	12
52053-10	9	ALLEN BOLT (M8 X 1.25 X 20L)	20
52053-11	9A	SQUARE NECK BOLT (M8 X 1.25 X 90L)	2
52053-12	9B	SQUARE NECK BOLT (M8 X 1.25 X 75L)	2
52053-13	9C	ALLEN BOLT (M8 X 1.25 X 15L)	4
52053-14	10	HANDLEBAR POST	1
52053-15	11L	LEFT PEDAL SUPPORTING TUBE	1
52053-16	11R	RIGHT PEDAL SUPPORTING TUBE	1
52053-17	12L	LEFT MOVEABLE SUPPORTING TUBE	1
52053-18	12R	RIGHT MOVEABLE SUPPORTING TUBE	1
52053-19	13	BEARING	4
52053-20	14	FLAT WASHER (D16 X D8.5 X 1.2T)	8
52053-21	15	MUSHROOM CAP	2
52053-22	16	IDLE WHEEL	1
52053-23	17	NUT (M10 X 1.5 X 10T)	2
52053-24	18	CONNECTING TUBE	1
52053-25	19	REAR STABILIZER TUBE	1
52053-26	20	DOMED NUT (M8 X 1.25 X 15L)	4
52053-27	21	PEDAL	2
52053-28	22	ADJUSTABLE WHEEL	2
52053-29	23L	UPPER FOOT COVER(LEFT)	2
52053-30	23R	UPPER FOOT COVER(RIGHT)	2
52053-31	24	BOLT (M8 X 1.25 X 25)	2
52053-32	25	PC BOARD	1
52053-33	26	C-CLIP (D22.5 X D18.5 X 1.2T)	2
52053-34	27	FIXING PLATE	2
52053-35	28	ADJUSTABLE WHEEL	2
52053-36	29	UPPER COMPUTER CABLE	1
52053-37	30	LOWER COMPUTER CABLE	1
52053-38	31	ROUND CAP	2
52053-39	32L	BRACKET FOR LEFT PEDAL	1
52053-40	32R	BRACKET FOR RIGHT PEDAL	1
52053-41	33	CRANK	2
52053-42	34	NYLON NUT (M8 X 1.25 X 8T)	1
52053-43	35	BELT	1
52053-44	36L	LEFT CHAIN COVER	1
52053-45	36R	RIGHT CHAIN COVER	1
52053-46	37	GENERATOR	1
52053-47	38	WHEEL	2
52053-48	39	SIDE COVER	2
52053-49	40	BOLT (M8 X 1.25 X 20L)	6
52053-50	41	PLASTIC WASHER (D10 X D24 X 0.4T)	7
52053-51	42	AXLE	2
52053-52	43	BEARING	2
52053-53	44	SCREW (M6 X 1.0 X 15L)	4
52053-54	45	ROUND MAGNET	1
52053-55	46	FLAT WASHER (D25 X D8.5 X 2T)	3
52053-56	47	PLASTIC WASHER (D50 X D10 X 1.0T)	1
52053-57	48	FLAT WASHER (D13 X D6.5 X 1.0T)	4
52053-58	49	UPPER PROTECTIVE COVER	1
52053-59	50	PLASTIC COVER (D3 X 30L)	2
52053-60	51	SPRING WASHER (D10.5 X D6.1 X 1.3T)	4
52053-61	52L	LEFT HANDLEBAR	1
52053-62	52R	RIGHT HANDLEBAR	1
52053-63	53	FOAM	2
52053-64	54	FOAM	2
52053-65	55	MUSHROOM CAP	2
52053-66	56	SPRING (D2.2 X D14 X 55)	1
52053-67	57	BOLT (M6 X 1.0 X 15L)	4

YORK REF.	REF.	DESCRIPTION	QTY.
52053-68	58	C-CLIP (D21.5 X D17.5 X 1.2T)	4
52053-69	59	WAVED WASHER (D26 X D19 X 0.3T)	6
52053-70	60	FLAT WASHER (D22 X D10 X 2T)	1
52053-71	61	CRANK AXLE	1
52053-72	62	BELT WHEEL	1
52053-73	63	SCREW (ST4 X 1.41 X 15L)	15
52053-74	64	COMPUTER	1
52053-75	65	HANDLEBAR PULSE	2
52053-76		HANDLELBAR PULSE CABLE	2
52053-77	66	ALLEN BOLT (M8 X 1.25 X 50L)	2
52053-78	67	LEFT COMPUTER BRACKET	1
52053-79	68	RIGHT COMPUTER BRACKET	1
52053-80	69	JOINT	2
52053-81	70	FIXING PLATE FOR IDLE WHEEL	1
52053-82	71	WAVED WASHER (D21 X D16 X 0.3T)	2
52053-83	72	BUSHING	14
52053-84	73	BOLT (M6 X 1 X 15L)	4
52053-85	74A	LEFT COVER FOR UNIVERSAL JOINT	2
52053-86	74B	RIGHT COVER FOR UNIVERSAL JOINT	2
52053-87	75	C-CLIP	2
52053-88	76	CONE SHAPED WASHER (D14 X D8 X 4)	4
52053-89	77	FLAT WASHER (D26 X D21 X 1.5T)	1
52053-90	78	BEARING	4
52053-91	79	COVER FOR CRANK	2
52053-92	80L	ENFORCING PLATE OF LEFT PEDAL	1
52053-93	80R	ENFORCING PLATE OF RIGHT PEDAL	1
52053-94	81	HANDLEBAR	1
52053-95	82	NYLON NUT (M8 X 1.25 X 8T)	3
52053-96	83	BUSHING (D17.9 X 10L)	2
52053-97	84	CABLE PLUG	2
52053-98	85	NYLON NUT (M10 X 1.5 X 10T)	1
52053-99	86	SCREW (ST4.2 X 1.4 X 12L)	6
52053-100	87	FIXING PLATE FOR COMPUTER	1
52053-101	88	NYLON NUT (M6 X 1.0 X 6T)	4
52053-102	89	NUT (M8 X 1.25 X 6T)	1
52053-103	90	AXLE COVER	2
52053-104	91	ALLEN BOLT (M8 X 1.25 X 45L)	1
52053-105	92	PIN	4
52053-106	93L	REAR AXLE OVER (LEFT)	2
52053-107	93R	REAR AXLE COVER (RIGHT)	2
52053-108	94	BOLT (M6 X 1.0 X 15L)	1
52053-109	95	NUT (M6 X 1 X 6T)	1
52053-110	96	WAVED WASHER (D27 X D21 X 0.3T)	1
52053-111	97	BUSHING (D32.5 X 20L)	4
52053-112	98	PEDAL AXLE COVER	4
52053-113	99	SCREW (ST4.2 X 1.4 X 20L)	8
52053-114	100	BOLT (M5 X 0.8 X 15L)	8
52053-115	101	BOLT (M5 X 0.8 X 10L)	4
52053-116	102	COVER	1
52053-117	103	SCREW (ST4 X 1.41 X 20L)	4
52053-118	104	SCREW (ST4 X 1.41 X 15L)	2
52053-119	105	INNER TUBE	1
52053-120	106	CHEST BELT	1
52053-121	107	PLASTIC WATER BOTTLE HOLDER	1
52053-122	108	BOLT (M5 X 0.8 X 15L)	2
52053-123	109	WATER BOTTLE (NOT INCLUDED)	1
52053-124	110	CONNECTING CABLE	1
52053-125	111	CONNECTING CABLE(II)	1
52053-126	112	SENSOR CABLE	1
52053-127	113	ELECTRIC CABLE	1
52053-128	114	BATTERY (NI-MH 1300mAH, 6.0V)	1
52053-129	115	CONNECTING CABLE WITH BATTERY	1
52053-130	116	BOLT (M5 X 0.8 X12L)	1
52053-131		SPANNER	2
52053-132		SPANNER	1
52053-133		FIXING BLISTER PACK	1

Notes

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